



FRUITS

GENERALLY:

a whole fruit (medium apple, banana, peach, or orange, or a small pear)

grapefruit half

melon wedge (1/4 of a medium cantaloup or 1/8 of a medium honeydew)

3/4 cup juice (100% juice)

1/2 cup berries, cherries, or grapes

1/2 cup cut-up fresh fruit

1/2 cup cooked or canned fruit

1/2 cup frozen fruit

1/4 cup dried fruit

SPECIFICALLY:

5 large strawberries

7 medium strawberries

50 blueberries

30 raspberries

11 cherries

12 grapes

1-1/2 medium plums

2 medium apricots

1 medium avocado

7 melon balls

1/2 cup fruit salad, such as waldorf

TABLE A-2. EXPANDED LIST OF SERVING SIZES (CONTINUED)

Food Group	What Counts as a Serving (includes additional items)
FRUITS (CONTINUED)	1/2 medium mango 1/4 medium papaya 1 large kiwifruit 4 canned apricot halves with liquid 14 canned cherries with liquid 1-1/2 canned peach halves with liquid 2 canned pear halves with liquid 2-1/2 canned pineapple slices with liquid 3 canned plums with liquid 9 dried apricot halves 5 prunes
VEGETABLES	<p>GENERALLY:</p> 1/2 cup cooked vegetables 1/2 cup chopped raw vegetables 1 cup leafy raw vegetables, such as lettuce or spinach 1/2 cup tomato or spaghetti sauce 1/4 cup tomato paste 1/2 cup cooked dry beans (if not counted as a meat alternate)
	<p>SPECIFICALLY:</p> 3/4 cup vegetable juice 1 cup bean soup 1 cup vegetable soup
	<p>Raw vegetables:</p> 1 medium tomato or 5 cherry tomatoes 7 to 8 carrot or celery sticks 3 broccoli florets 1/3 medium cucumber 10 medium whole young green onions 8 green or red pepper rings 13 medium radishes 9 snow or sugar peas 6 slices summer squash (yellow or zucchini) 1 cup mixed green salad 1/2 cup cole slaw or potato salad
	<p>Cooked vegetables:</p> 2 spears broccoli 1-1/2 whole carrots 1 medium whole green or red pepper 1/3 summer squash (yellow and zucchini) 1 globe artichoke 6 asparagus spears 2 whole beets, about 2 inches in diameter 4 medium brussels sprouts 2 medium stalks of celery 1 medium ear of corn 7 medium mushrooms 8 okra pods 1 medium whole onion or 6 pearl onions 1 medium whole turnip 10 french fries 1 baked potato, medium 3/4 cup sweet potato